



Holiday times are meant to be times of fellowship and enjoyment but this doesn't require over-indulgence. By the same means, deprivation should not be part of your holidays either. Think **moderation** and use the attached tips to prevent overdoing through the holidays and starting 2008 with new health concerns.

What are some healthier holiday foods and nibbles?

Load up on **fruits and veggies** (watch the dips!) Fresh produce is packed with nutrients, takes longer to chew, and will add fiber to fill you up so you won't be tempted to eat as much of the more calorie dense foods (those high in fat and sugar).

Shrimp with cocktail sauce is good choice. Shrimp is fat-free, high in protein and iron and the cocktail sauce adds lycopene.

Look for **lean** meats, poultry and fish for protein that keeps you satisfied.

Find the **whole grains** (think dark!) in breads, crackers, wild rice, whole grain pasta—these add nutrients and fiber which benefit your health and add bulk to fill you up with less.

Drink large amounts of water prior to meals and parties to fill your stomach and stay well hydrated. (Eat something small and healthy before the parties to keep you from arriving overly hungry).

Hunt for **colorful** foods such as cranberries (and other berries), sweet potatoes, pumpkin, winter squash, spinach, pomegranate*—these foods are packed with nutrients and phytochemicals that fight aging and disease.

Nuts offer plant protein, fiber and antioxidants such as vitamin E and selenium as well as plant sterols which help to lower bad cholesterol-but they are calorie dense so you need to limit your intake! (see the attached hand-out showing the proper servings size for various nuts).

Limit your intake of refined sugars in holiday treats and beverages—pick one small treat or indulgence and really enjoy it without any guilt!

Watch your portions of **ALL** foods as even healthy food can be eaten in excess!

Looking for lighter holiday recipes? Check out these websites:

http://www.cooking.com/advice/adepicks1.asp?alias=ED_LightChristmas755&ref=cknw05461

***What's a pomegranate and how do I eat it?**

A pomegranate is a beautiful red, sweet and juicy fruit packed with antioxidants and a good source of dietary fiber and vitamin C. They are also an excellent source of vitamin K which may help prevent osteoporosis and cardiovascular disease. You eat only the seeds known as arils. They are available only from October to January so they often appear in holiday meals and recipes. Unopened pomegranates will stay fresh at room temperature for up to 2 weeks and can last 2 months or more in the refrigerator. Removed arils will last up to a week in the refrigerator in an airtight container and will keep for several months in the freezer (and then you can add them to your fruit salad in the summer!) There are many ways to use the sweet, juicy arils—add them to scones or muffins, smoothies, cranberry sauce, stir into yogurt or cottage cheese, add to fruit or green or chicken salad, use in a vinaigrette dressing, add to a panini sandwich or a parfait. For recipes and more information check out www.pomwonderful.com

How to stay active in the winter months when it's cold outside and darkness comes so early?

(Remember we are aiming for at least 30 minutes of moderate to vigorous activity most days of the week!)

Bundle up (layers and wear a mask if needed!) and **walk** outside if the sidewalks are not slick—the fresh air and sunshine will invigorate you!

If too cold or icy, **walk** indoors in your building on campus or at the mall or consider a home walking video such as those by Leslie Sansone <http://www.collagevideo.com/leslie-sansone-videos-dvds/exercises-fitness-workouts.aspx>

Consider **dancing** (like the stars!) Take a class or turn on the music and move your body (kids love this and will join you!)

Martial Arts are another option to keep you moving and flexible—check out local classes here

<http://fmaonline.com/classes/>

Swimming is easy on your joints and a great work out for every muscle in your body! This is available at Beyer hall (on campus), at Ames High School (lunch hours and week nights) and at Ames Racquet and Fitness Club (Stange Rd. location). There is also a warm **water aerobics** class at State Gym <http://www.recservices.iastate.edu/groupfitness/>

Take advantage of the fitness classes on campus <http://www.recservices.iastate.edu/groupfitness/>

Check out the **Exercise Clinic** in Forker Building on campus offering classes and weight training to employees

<http://www.kin.hs.iastate.edu/outreach/exercise-clinic.php>

Get your team together and participate in the **Lighten Up Iowa 100 day Challenge!** (www.lightenupiowa.org) We will have special activities planned for employees who participate in 2008!

On-line registration begins December 10—make sure you sign your team under Ames designation and please add “ISU” somewhere to your team name for tracking purposes.



100 Day Challenge

January 16 thru April 24, 2008

Stress impacts our health and stress levels run high at this time of the year! If we want to practice wellness we need to work on reducing our stress. “What is Stress Doing To Your Health?” will be the topic of the January Lunch-and-Learn on Thursday January 17 from 12 to 1 PM in 0331 Palmer Building. Pack a lunch and **come learn about managing stress.**

Reserve a spot at 4-9625 or barclay@iastate.edu. In the meantime, check out these suggestions

<http://www.healthywomen.org/healthcenters/holiday2007/stressbusters> and practice some of the steps attached above to try to lower your stress through this holiday season.

Find yourself hungry while shopping?? It's hard to make healthful choices when eating in shopping malls or running around town doing errands and shopping. Here's some nutrition info that might be helpful in making a healthier choice! Be sure to have a plan before you head to the mall! <http://www.washingtonpost.com/wp-dyn/content/article/2007/03/06/AR2007030600589.html?sub=AR> Another idea would be to pack a peanut butter on whole grain bread sandwich and an apple to have available in your car or purse!

Need some caffeine? Starbucks and other coffee shops have some healthier choices and some that are nutritional disasters! You can't go wrong with brewed coffee or tea or even a latte made with skim milk (limit the sugary syrup and omit the whipped crème!) Check out other lower calorie options on the above Starbucks nutritional information sheets.

Thinking about healthier eating in the New Year?? Remember the Nutrition Clinic is one of your employee health benefits which provides 3 sessions at no charge each calendar year. Just call 4-9625 or e-mail Sally at barclay@iastate.edu to set up your first session and a 2008 start to a healthier lifestyle!